

# Alaska Behavioral Health Systems Assessment

## DBH Change Agent Conference Project Overview



**HORNBY ZELLER**  
ASSOCIATES

Engage Plan Implement



# Sponsored by

- Alaska Mental Health Trust Authority
- Alaska Native Tribal Health Consortium
- Mat-Su Health Foundation
- Alaska Division of Behavioral Health
- Alaska Mental Health Board
- Advisory Board on Alcoholism and Drug Use

# Project Goals

1. Describe the Tribal and DBH-managed behavioral health systems
2. Assess the behavioral health needs of Alaskans
3. Assess the capacity of the system
4. Develop a framework for regular monitoring
5. Document barriers and make recommendations for systems improvements

# Assessment Questions: Need and Likely Demand

- How many Alaskan youth and adults have behavioral health disorders?
- What is the total likely demand for services?

# Assessment Questions:

## Current Utilization and Cost

- How many Alaskans currently receive services through the Tribal and DBH-managed systems?
- What are their demographics and patterns of use?
- What services are offered in each region?
- What is the estimated cost per client and cost per service?
- What, where, and how much is billed to Medicaid?

# Assessment Questions:

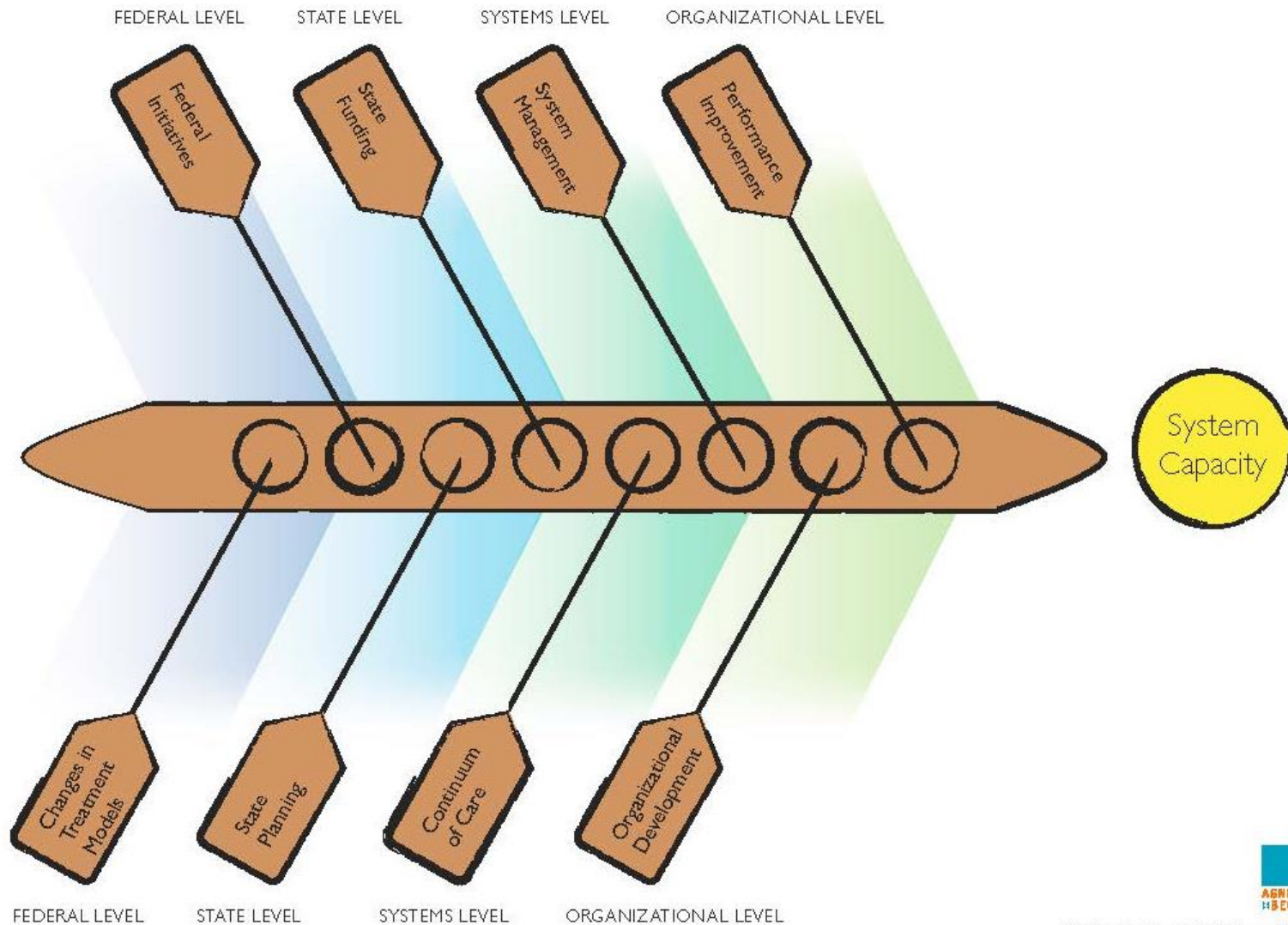
## Unmet Need

- How many Alaskans have behavioral health disorders and are not receiving treatment?
- How many Alaskans would seek services if current system capacity were available?
- How many additional Alaskans could receive behavioral health services if current capacity were fully utilized?
- Is there a need for expanded treatment capacity? If so, where and how much?

# Assessment Questions: Barriers and Recommendations

- What are the barriers to overcoming unmet demand for services?
- What recommendations can be made for improving the behavioral health system in Alaska?

# Describing the System





# Anticipated Benefits

- Increased understanding of:
  - Need
  - Current utilization patterns
  - System capacity
  - Barriers and opportunities
- Creation of tools for ongoing analysis
- Data to inform system and regional planning efforts

# Feedback and Questions

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